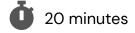






# **Island Coconut Curry** with Chicken

We are testing out the Island Curry spice mix made for Dinner Twist by GH produce! In this version we're using diced chicken breast, onions & tomatoes. A speedy curry for cooler weather!







# Spice it up!

To boost the flavour you can add a couple of garlic cloves, grated ginger or sliced chilli!

### FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
SPRING ONIONS	3/4 bunch *
DICED CHICKEN BREAST	600g
ISLAND CURRY MIX	1 sachet (30g)
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
COCONUT MILK	400ml
BUTTERNUT PUMPKIN	1
<b>CHICKPEAS</b>	1 packet
CORIANDER	1 packet

<sup>\*</sup>Ingredient also used in another recipe

### FROM YOUR PANTRY

oil for cooking, salt, pepper

### **KEY UTENSILS**

saucepan, large frypan

### **NOTES**

Use the rice tub to quickly measure up 1.5  $\times$  amount of water.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. COOK ONION & CHICKEN

Heat **oil** in a large pan over medium heat. Slice onion and spring onions (reserve green tops for garnish). Add to pan with chicken and spice mix.

**Solution** • Dice pumpkin. Cook as above, replacing chicken with pumpkin.



### 3. ADD THE TOMATOES

Halve tomatoes and slice capsicum, add to pan and cook for further 3-4 minutes.

VEG OPTION - Cook as above, adding drained chickpeas.



## 4. SIMMER THE CURRY

Pour in coconut milk and 1/2 tin water. Cook, semi-covered, for 6-8 minutes or until chicken is cooked through.

**VEG OPTION - Cook as above, simmer until pumpkin is tender.** 



# **5. FINISH AND SERVE**

Season curry with **salt and pepper** to taste. Serve over rice, top with reserved spring onion tops.

VEG OPTION - Serve as above, adding chopped coriander.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



